

# LIVE AUTHENTIC.

FEEL GOOD. INSIDE AND OUT.

START THE JOURNEY WITH THESE TIPS !



## **Eat Clean, Live Foods**

**The food we put in our body is important!**

**Eat foods that give life! Fruits, Vegetables, Beans, Sprouts, Nuts, Grains.. And if meat is still on your table, make sure it is pasture-fed produce.**

**All organic of-course! Also, most of the listed are more beneficial to us when raw! Get your raw-vegan on! ...that means no meat. We are so so much better without burnt carcass**



## **Watch your company..**

**They say we become what we practice, and what we practice what we learn. ..What are we learning from our environments—social, work, & home.**

**Ensure that the mind is feeding on positivity, uplifting, confidence-boosting and conscious energy. Make sure the words, actions, and feelings that you receive and give serve your 'truest' self, your authentic vibration. If they don't, don't receive them or give them. Stay very true to your internal vibrations, messages, and nudges**



## **Tune your Intuition ( Inner Teacher)**

**Our intuition or inner teacher is our best friend, confidante and trusty side-kick. To have such a close-knit relation with our inner guidance system, we first need to acknowledge it by listening to the promptings. Then take action!**

**At first, there might be a few hiccups as you get to know the voice of the soul (inner teacher) versus the voice of the mind (ego). A major way to know the difference : your inner teacher is a very still, quiet and patient voice—if you think too much, you'll miss the message. Try some intuition-strengthening activities: [\[link here\]](#)**



## **Drink A LOT of Alkaline Water**

**Alkaline Water. Drink it! Alkaline water helps to purify, cleanse and heal the cells, good for our aura and helps us maintain the mineral content that we need to sustain a healthy body and mind.**



## **Go Outside and Into Nature**

**Walking or sitting in nature is the best meditation. The best way to connect with the essence of our earth mother. The energy kind of shifts us to a humble state and we are able to 'see' without judgement or attachment**



## **Exercise & Meditation**

**Walking and sitting in nature is a good way to also meditate and exercise. Walking/running for various intervals and sitting for extended intervals can reap miracles in one's life. Get into the practice of self-love. Your mind and your body deserve care.**



## **Fuel your Passions!**

**Happiness is underrated. Being happy releases secretions in the mind and body that promote health, relieve stress and tension.**

**Make it a practice to do what you love, and love whatever you do in every moment**

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